



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Full Report (All Nutrients) 15045, Fish, lingcod, raw

Report Date: June 25, 2017 19:35 EDT

Nutrient values and weights are for edible portion.

Food Group : Finfish and Shellfish Products

Carbohydrate Factor: 3.87 Fat Factor: 9.02 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	0.5 fillet 193g
Proximates						
Water	g	81.03	181	0.066	68.88	156.39
Energy	kcal	85	--	--	72	164
Energy	kJ	356	--	--	303	687
Protein	g	17.66	173	0.078	15.01	34.08
Total lipid (fat)	g	1.06	16	0.143	0.90	2.05
Ash	g	1.21	174	0.005	1.03	2.34
Carbohydrate, by difference	g	0.00	--	--	0.00	0.00
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Minerals						
Calcium, Ca	mg	14	1	--	12	27
Iron, Fe	mg	0.32	2	--	0.27	0.62
Magnesium, Mg	mg	26	1	--	22	50
Phosphorus, P	mg	201	1	--	171	388
Potassium, K	mg	437	95	2.904	371	843
Sodium, Na	mg	59	95	1.020	50	114
Zinc, Zn	mg	0.45	78	0.013	0.38	0.87
Copper, Cu	mg	0.027	75	0.001	0.023	0.052
Manganese, Mn	mg	0.020	1	--	0.017	0.039
Selenium, Se	µg	36.5	--	--	31.0	70.4
Vitamins						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0
Thiamin	mg	0.030	3	0.006	0.025	0.058

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Riboflavin	mg	0.114	3	0.009	0.097	0.220
Niacin	mg	1.900	3	0.179	1.615	3.667
Pantothenic acid	mg	0.750	--	--	0.637	1.448
Vitamin B-6	mg	0.300	--	--	0.255	0.579
Folate, total	µg	9	--	--	8	17
Folic acid	µg	0	--	--	0	0
Folate, food	µg	9	--	--	8	17
Folate, DFE	µg	9	--	--	8	17
Vitamin B-12	µg	3.60	--	--	3.06	6.95
Vitamin A, RAE	µg	15	--	--	13	29
Retinol	µg	15	--	--	13	29
Vitamin A, IU	IU	50	--	--	42	96
Lipids						
Fatty acids, total saturated	g	0.197	--	--	0.167	0.380
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.000	--	--	0.000	0.000
16:0	g	0.000	--	--	0.000	0.000
18:0	g	0.000	--	--	0.000	0.000
Fatty acids, total monounsaturated	g	0.350	--	--	0.297	0.675
16:1 undifferentiated	g	0.000	--	--	0.000	0.000
18:1 undifferentiated	g	0.000	--	--	0.000	0.000
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.300	--	--	0.255	0.579
18:2 undifferentiated	g	0.000	--	--	0.000	0.000
18:3 undifferentiated	g	0.000	--	--	0.000	0.000
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	0.5 fillet 193g
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	52	--	--	44	100
Amino Acids						
Tryptophan	g	0.198	--	--	0.168	0.382
Threonine	g	0.774	--	--	0.658	1.494
Isoleucine	g	0.814	--	--	0.692	1.571
Leucine	g	1.435	--	--	1.220	2.770
Lysine	g	1.622	--	--	1.379	3.130
Methionine	g	0.523	--	--	0.445	1.009
Cystine	g	0.189	--	--	0.161	0.365
Phenylalanine	g	0.689	--	--	0.586	1.330
Tyrosine	g	0.596	--	--	0.507	1.150
Valine	g	0.910	--	--	0.774	1.756
Arginine	g	1.057	--	--	0.898	2.040
Histidine	g	0.520	--	--	0.442	1.004
Alanine	g	1.068	--	--	0.908	2.061
Aspartic acid	g	1.808	--	--	1.537	3.489
Glutamic acid	g	2.636	--	--	2.241	5.087
Glycine	g	0.848	--	--	0.721	1.637
Proline	g	0.624	--	--	0.530	1.204
Serine	g	0.720	--	--	0.612	1.390
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0